

DID YOU KNOW?

Toddlers exposed to more screen time had higher rates of speech & language delay. For every 30-minute increase in daily handheld screen time, there was a 49% increased risk of expressive language delay! Screen time has also been linked to: obesity, behavioral problems, and loss of social skills.

HOW MUCH SCREEN TIME?

American Academy of Pediatrics Recommends:

- Birth to 2 years- NO screen time
- 2-5 years of age- Up to 1 hour daily
- School Age Children- 1-2 hours daily

SET GUIDELINES

Set device free zones and family rules for screens

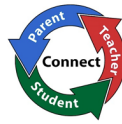
- No devices in bedrooms
- Turn screens off an hour before bed
- No devices during dinner time

PRIORITIZE PLAY!

We know the best way to help children learn and grow is to play and interact with them! Children develop speech, language, and social skills through playing with peers and adults. Have fun during everyday interactions like bath time, meal time, and at the grocery store.

Screen time will not promote your child's development, but we can't ignore that, allowed occasionally, it can help you get through a busy day. Whenever possible, when your child watches media on your phone or tablet, talk about it or even re-enact it together!

REMINDERS



Parent/Teacher Conferences

November 5th & 12th, 2021



Closed for Thanksgiving Break

November 25th & 26th, 2021

HEALTH/SAFETY- FLU SEASON

The timing and length of the flu season varies from year to year. Typically, flu activity increases in October and peaks between December to February and can last until the end of May.

The Centers for Disease Control and Prevention (CDC) recommend the flu vaccine as the first and most important step in protecting against the flu. It is the best way to reduce the chances that you will get seasonal flu and lessen the chance that you will spread it to others. When more people are vaccinated, less flu can spread through the community.

Flu vaccination reduces flu-related illnesses, doctor's visits and missed days of work or school from the flu. Vaccination to the flu can also decrease or prevent flu-related hospitalizations.

<https://www.cdc.gov/flu/pdf/freeresources/updated/FluGuideParents-updated.pdf>

<https://www.cdc.gov/flu/pdf/freeresources/updated/FluActivitySheet-updated.pdf>

RESOURCES- SCREEN TIME

[HTTPS://HEALTHMATTERS.NYP.ORG/WHAT-DOES-TOO-MUCH-SCREEN-TIME-DO-TO-CHILDRENS-BRAINS/](https://HEALTHMATTERS.NYP.ORG/WHAT-DOES-TOO-MUCH-SCREEN-TIME-DO-TO-CHILDRENS-BRAINS/)

<https://www.cnn.com/2019/11/04/health/screen-time-lower-brain-development-preschoolers-wellness/index.html>